

Daisy Parent Workshop for Expectant Parents



Location **South East, Kent**
<https://www.freeadsz.co.uk/x-446383-z>



Daisy Parent is the complete birth preparation and baby care course. Our unique, all-inclusive parent preparation course focuses on both birth preparation and practical baby care – combining antenatal and active birth education with movement, breathing techniques, relaxation and birth hypnosis. Practical baby care demonstrations are delivered alongside unbiased education on parenting choices, safety and baby calming techniques, allowing you to feel prepared not only for birth but for the arrival and care of baby, too. This 12-hour course for expectant parents is equally split between birth preparation and practical baby care, with the option to choose the 6-hour birth, 6-hour practical baby care, or both parts of the course. Your course will cover a combination of:

- Antenatal and active birth education
- Movement, relaxation and birth hypnosis
- Parenting choices
- Practical baby care and safety
- Baby calming techniques

Courses are for mums and their birth partners, and are ideally suited from 30 weeks. All birth plans and choices are supported, and courses are suitable for first time and subsequent pregnancies. All held in the beautiful setting of Bewl Water. Courses are run every 7-8 weeks. Contact me for dates. £180 per couple for the 12.



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